WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.2	TUESDAY 11.3	WEDNESDAY 11.4	THURSDAY 11.5	FRIDAY 11.6
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Seaweed Egg Soup 紫菜蛋花汤	Miso Soup 味噌汤	Tomato & Basil Soup 番茄罗勒汤	Lotus Root & Pork Soup 莲藕瘦肉汤	Goji Berry & Fungus Soup 枸杞银耳汤
KGT Chinese 幼儿园中式	Braised Fish with Mushroom 蘑菇烧鱼 Wok-fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Cantonese Braised Chicken in Soya Sauce 粤式豉油鸡 Garlic Stem Lettuce 蒜蓉青笋 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Stewed Beef, Corn with Tofu 玉米牛肉炖豆腐 Poached Chinese Cabbage 白灼奶白菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Steamed Fish Chicken Fillet with Scallion 鱼肉蒸鸡肉饼 Stir-fried Cucumber with Bean Curd 腐竹炒黄瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Stewed Beef Brisket with Potatoes 土豆牛腩 Braised Turnip 家常萝卜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜
KGT Western 幼儿园西式	Chicken Panini 鸡肉帕尼尼	Curry Beef 咖喱牛肉	Korean-style Fried Chicken 韩式炸鸡肉	Mexican Braised Beef 墨西哥烩牛肉	Teriyaki Chicken 日式照烧鸡

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
476	35.0	42.0	15.9

WEEKLY MENU

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FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.9	TUESDAY 11.10	WEDNESDAY 11.11	THURSDAY 11.12	FRIDAY 11.13
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Chicken Soup with Agrocybe Mushrooms 茶树菇老鸡汤	Borscht 罗宋汤	Mixed Mushrooms & Tofu Soup 杂菌豆腐羹	Traditional Pear Soup 小吊梨汤	Che 越南甜汤
KGT Chinese 幼儿园中式	Braised Pork, Baby Bok Choy with Glass Noodles 猪肉娃娃菜炖粉条 Garlic Cabbage 蒜蓉包菜 Steamed Rice 米饭 Steamed Potato 蒸土豆	Sauteed Beef with King Oyster Mushrooms 杏鲍菇炒牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Twisted Rolls 自制花卷	Stir-fried Shrimp with Cucumber & Corn 青瓜玉米炒虾仁 Sauteed Potato with Bell Pepper 青椒土豆丝 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Braised Pork Meatballs 红烧猪肉丸子 Sauteed Bok Choy with Shiitake Mushrooms 香菇油菜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Crispy Fried Chicken Strips 小酥肉 (鸡肉) Sauteed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Corn 蒸玉米
KGT Western 幼儿园西式	American Roasted Chicken 美式烤鸡	Braised Duck Breast with Black Pepper Sauce 黑椒鸭肉	Beef Rendang 仁当牛肉	Orleans Chicken Burger 奥尔良鸡腿堡	Vietnamese Food Festival 越南美食节 Ca Kho To 越南焦糖鱼

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
478	31.9	54.0	16.0

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.16	TUESDAY 11.17	WEDNESDAY 11.18	THURSDAY 11.19	FRIDAY 11.20
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Cabbage & Vermicelli Soup 白菜粉丝汤	Egg & Corn Soup 鸡茸粟米羹	Pumpkin Congee 南瓜粥	Italian Minestrone 意式蔬菜汤	Egg & Tomato Soup 番茄蛋花汤
KGT Chinese 幼儿园中式	Sweet & Sour Fish 咕咾鱼 Sauteed Bok Choy with Seitan 油菜烧面筋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Duck Slice with Soy Sauce 豉汁鸭肉 Wok-fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Homemade Steamed Oat Buns 自制燕麦馒头	Sauteed Beef with Bell Pepper 彩椒牛肉丝 Scrambled Egg with Cucumber 黄瓜炒蛋 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Stir-fried Pork with Tofu 猪肉炒千叶豆腐 Braised Gourd with Shiitake Mushrooms 香菇烧冬瓜 Steamed Rice 米饭 Steamed Twisted Roll 自制双色花卷	Beijing Roasted Beef 老北京炙子烤牛肉 Sauteed Zucchini 清炒小瓜 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯
KGT Western 幼儿园西式	Chicken Carbonara 鸡肉罗勒香草意面	Beef Ham & Cheese Panini 牛肉火腿奶酪帕尼尼	Cheesy Pasta with Bacon, Mushroom & Tomatoes 芝士培根蘑菇番茄意面	Pasta Bolognese 肉酱意面	French Baked Chicken 法式烤鸡

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
459	33.0	44.3	14.0

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.23	TUESDAY 11.24	WEDNESDAY 11.25	THURSDAY 11.26	FRIDAY 11.27
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Red Date & Tremella Soup 红枣银耳汤	French Onion Soup 法式洋葱汤	Turnip & Vermicelli Soup 萝卜粉丝汤	Pearl Barley & Red Bean Congee 薏米红豆粥	Lotus Root Chicken Soup 莲藕土鸡汤
KGT Chinese 幼儿园中式	Stir-fried Chicken with Mixed Vegetables 五彩鸡丝 Sauteed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sweet & Sour Pork Tenderloin 糖醋里脊 Stewed Tofu with Mixed Vegetables 豆腐蔬菜 Steamed Rice 米饭 Homemade Steamed Bun 自制馒头	Braised Beef with Enoki Mushroom 金针菇牛肉 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Braised Shrimp & Tofu 虾仁豆腐 Sauteed Spinach 炒菠菜 Steamed Rice 米饭 Steamed Potato 蒸土豆	Hunan Food Festival 湖南美食节 Maos Braised Pork 毛氏红烧肉 Wok-fried Cabbage with Carrot 胡萝卜炒卷心菜 Steamed Rice 米饭 Steamed Pumpkin Bun 南瓜馒头
KGT Western 幼儿园西式	Tuna Pizza 金枪鱼披萨	Burgundy Beef Stew 勃艮第炖牛肉	Orleans Chicken Wrap 奥尔良鸡肉卷	Thai-style Minced Pork 泰式打抛肉	Beef Meatballs with Tomato & Cheese 番茄奶酪牛肉丸

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
486	31.9	57.0	15.6

WEEKLY MENU

Heathy choice | OK most of the time | Enjoy it once in a while | Vegetarian | Seafood | Halal

FOOD & CO 食享家 by sodexo

STATION	MONDAY 11.30	TUESDAY 12.1	WEDNESDAY 12.2	THURSDAY 12.3	FRIDAY 12.4
Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条	Vegetable Stick 蔬菜条
Soup 汤	Winter Melon Meatball Soup 冬瓜丸子汤	Creamy Potato Soup 土豆奶油汤	Luffa & Egg Soup 丝瓜煎蛋汤	Red Bean & Glutinous Rice Ball Soup 红豆糯米丸子汤	Vegetable & Tofu Soup 蔬菜豆腐汤
KGT Chinese 幼儿园中式	Cumin Lamb 孜然羊肉 Sauteed Cabbage 清炒包菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Sauteed Beef Dices with Bell Pepper 彩椒牛肉粒 Scrambled Egg with Tomato 番茄炒蛋 Steamed Rice 米饭 Steamed Sweet Potato 蒸红薯	Sweet & Sour Fish 糖醋鱼 Sauteed Shredded Potato 清炒土豆丝 Steamed Rice 米饭 Steamed Corn 蒸玉米	Steamed Pork Cakes with Winter Bamboo Shoots & Water Chestnuts 冬笋马蹄蒸猪肉饼 Sauteed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	Fried Baby Chicken with Bean Sauce 驰名炒仔鸡 Sauteed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Potato 蒸土豆
KGT Western 幼儿园西式	Beef Salami Pizza 牛肉萨拉米披萨	Indian Curry Chicken 印度咖喱鸡 Naan 印度烤饼	Lyonnaise Sausage Panini 里昂那香肠帕尼尼	Crispy Chicken Burger 香脆鸡腿堡	Beef Lasagna 牛肉千层面

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
482	31.9	55.0	16.0